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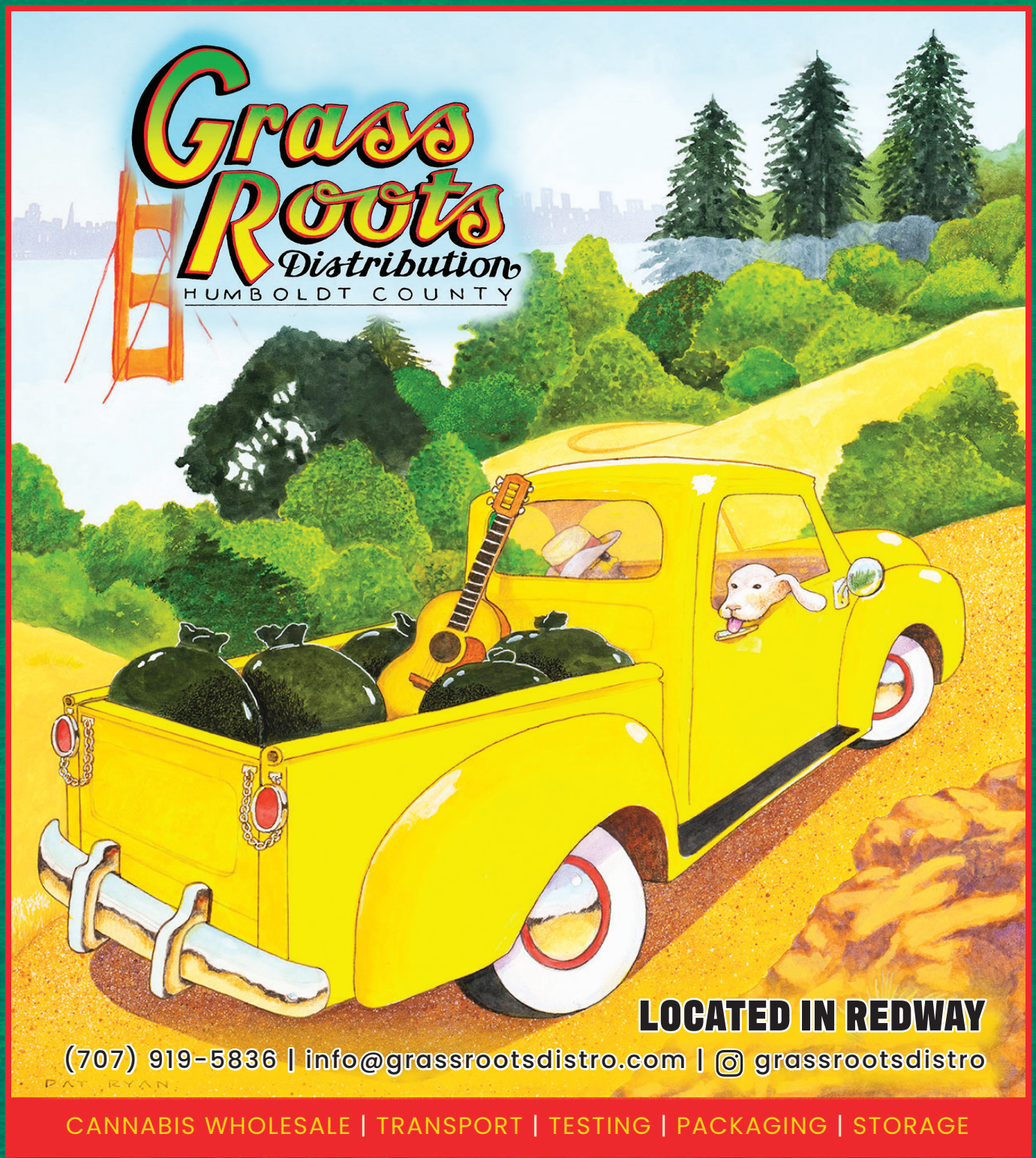

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What Is CDFW's Role In Managing White Sharks?

Photo by CDFW Senior Environmental Scientist Elizabeth Hellmers

CDFW and White Sharks

Q: What is CDFW's role in managing white sharks?

A: The California Department of Fish and Wildlife (CDFW) manages fisheries in California; this includes sharks. White sharks (Carcharodon carcharias), also known as great white sharks, are protected from all recreational take and most commercial take in California. One of CDFW's main roles is tracking landings of white sharks taken incidentally in commercial fisheries, which is allowed only in certain cases. We also track the status of white sharks for management of the species as a whole and for their value as one of California's natural resources. CDFW also permits and tracks scientific take of white sharks through its scientific collecting permit process, and maintains an incident database primarily to promote public awareness.

Incidents vs. Attacks

Q: Why does CDFW refer to shark "incidents" rather than shark "attacks"? What is a shark incident?

A: As a science-based agency, CDFW wants to be accurate without being sensational. There are multiple reasons why scientists worldwide are moving away from the term "attack" when referring to sharks. Most shark bites can be attributed to either exploratory bites where a shark is investigating an unknown object in its environment, or incidents in which the shark may have mistaken the person for a natural food source such as a seal or sea lion (in the case of white sharks). CDFW documents any incident where any species of shark approaches and touches a person in the water or on a board or kayak. We do not track incidents where a sighting occurred without contact. We also don't track incidents where a shark was provoked (for example, cases involving fishing or chumming) or incidents where a shark approached or touched larger boats.

Post-incident Tracking

Q: Is it possible to track down and identify which specific shark bit a person?

A: It would be nearly impossible to determine which shark was responsible for a bite. One of the primary reasons is that sharks, especially white sharks, are highly mobile. While they may stay in an area for a brief period, white sharks are known to move extreme distances, sometimes migrating thousands of miles. While we can recover DNA from a bite to help determine species, doing the same from a shark after an incident is highly unlikely and we do not have DNA tests for individual sharks.

Another reason is that white sharks are not known to become habituated to people, like some land animals (bears, mountain lions, coyotes, etc.). There is no need to track down a shark after an incident, as another incident is highly unlikely to happen again with the same shark.

Frequency of Incidents

Q: Are white shark incidents increasing in California?

A: While the number of non-injury incidents in California appears to be increasing, the number of injuries appears to be very stable and remains low. There are a variety of reasons that may explain the increase in non-injury incidents. First, the number of people entering the water is increasing, especially in Southern California. Second, our ability to document shark incidents is improving because more people today can record sightings with cameras

CONTINUED ON PAGE 8 →

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California Outdoors Q&A

← CONTINUED FROM PAGE 6

on their phones. There has also been a vast increase in the use of personal action cameras such as GoPros, as well as aerial drones. These devices have improved our ability to get our sightline above the ocean, where it is easier to spot sharks. Also consider that 15 to 20 years ago a shark incident may have gone unreported if a surfer or beachgoer only told friends and family. Today, a similar shark incident may be recorded, posted online and shared on social media, which often leads to even wider coverage by news media.

Risk

Q: What is the likelihood of encountering a shark in the ocean in California?

A: At CDFW we like to reinforce the idea that the ocean is a wilderness. Just as when you go into a forest and may encounter a bear or mountain lion, when you go into the ocean you may encounter a shark. However, the chance of an incident with one is extremely low — as evidenced by the very low number of incidents in California. With tens of thousands of people in the water at California beaches each year, slightly more than 100 shark incidents involving injuries to humans have been documented since 1950. For comparison purposes, it's worth noting that by far the most "dangerous" animal in the ocean in terms of number of people injured is the round stingray. Hundreds of people are stung each year by round stingrays. In fact, in 2019 more than 500 people were stung over the three-day Labor Day weekend in Orange County alone! (Stingrays, like sharks, do not seek out humans; they are simply defending themselves when stepped on. The best way to avoid stingrays is to do the "stingray shuffle" and shuffle your feet in the sand as you enter the water. This will let the stingrays know you are coming so they can swim away.)

✦

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Engine: 1.6L L4 DOHC 16V
Mileage: 167,020
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2000 Toyota 4Runner Limited 2WD

Color: Maroon
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Drive: 2WD
Trans: Automatic
Engine: 3.4L V6 DOHC 24V
Mileage: 202,288
Stock #: 4288

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Interior: Cloth
Drive: AWD
Trans: Automatic
Engine: 2.4L L4 DOHC 16V
Mileage: 156,481
Stock #: 4317

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2013 Ford Escape SE 4W

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Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 2.0L L4 DOHC 16V
Mileage: 125,792
Stock #: 4312

$11,988

2013 Hyundai Sonata GLS

Color: Silver
Interior: Cloth
Drive: FWD
Trans: Automatic
Engine: 2.4L L4 DOHC 16V
Mileage: 121,282
Stock #: 4294-E

$11,988

2014 Nissan Altima 2.5 S

Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.4L V8 SOHC 16V FFV
Mileage: 178,455
Stock #: 4273

$12,988

2013 Ford Expedition XLT 4WD

Color: White
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.4L V8 SOHC 16V FFV
Mileage: 178,455
Stock #: 4273

$12,988

2006 GMC Sierra 1500 SL Ext. Cab 4WD

Color: Blue
Interior: Cloth
Drive: 4WD
Trans: Automatic
Engine: 5.3L V8 OHV 16V
Mileage: 157,099
Stock #: 4298

$12,988

2014 Honda Civic EX Coupe 5-Spd MT

Color: Bronze
Interior: Cloth
Drive: FWD
Trans: 5 Speed
Engine: 2.3L L4 SOHC 16V
Mileage: 130,290
Stock #: 4236-2

$12,988

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Photo by Alan Karchmer for the National Museum of the American Indian

Honoring the Military Service of Native Americans

(STATEPOINT) Washington, D.C. is a city filled with monuments and memorials celebrating those whose life's work was in service to the nation. Some of the most visited memorials in the city honor veterans and the sacrifices they have made in service to the United States.

A full weekend of events honoring Native veterans who have served the nation in the U.S. Armed Forces will be taking place soon and event organizers encourage those who wish to participate to make their plans now. The focal point of these events occurs on Veterans Day, Nov. 11, when the National Museum of the American Indian dedicates a new memorial -- the National Native American Veterans Memorial.

The memorial, which sits on the grounds of the museum within sight of the U.S. Capitol Building, was commissioned by Congress to give "all Americans the opportunity to learn of the proud and courageous tradition

of service of Native Americans in the Armed Forces of the United States." Native Americans have served in every major military conflict in the United States since the Revolutionary War. This is the first national landmark in Washington, D.C. to focus on the contributions of American Indians, Alaska Natives and Native Hawaiians who have served in the military.

Designed by Harvey Pratt (Cheyenne and Arapaho Tribes of Oklahoma), a multimedia artist, retired forensic artist and Marine Corps Vietnam veteran, the memorial features an elevated stainless steel circle resting on a carved stone drum. It also incorporates water for sacred ceremonies, benches for gatherings and four lances where veterans, family members, tribal leaders and others can tie cloths for prayers and healing.

"The dedication of this memorial is an opportunity to gather and reflect on the extraordinary service and sacrifice of Native veterans and their families," said Cynthia Chavez Lamar (San Felipe Pueblo, Hopi, Tewa and Navajo), the museum's director. "I hope everyone will join us for this momentous occasion, so together we can offer them our thanks for their contributions to our country."

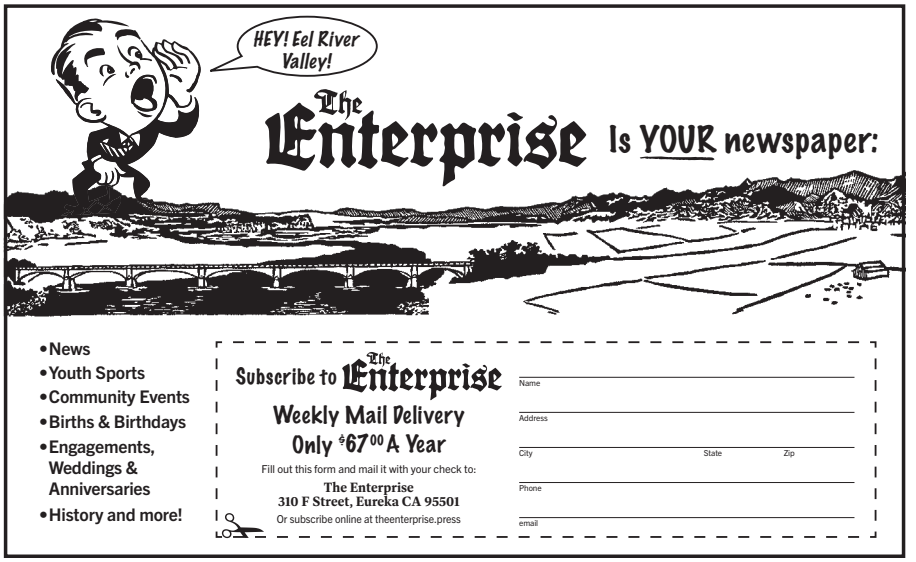
The dedication ceremony will take place on the National Mall in Washington, D.C. as part of a three-day event (Nov. 11–13) to honor Native veterans. It begins with a Native veterans procession followed by the dedication ceremony. Native veterans who would like to participate in the procession can register to participate now via the museum's website. Following the ceremony, visitors will be able to visit the memorial and the museum, which will remain open until 8 p.m. on Nov. 11.

The dedication ceremony will also be livestreamed for those who cannot attend in person.

Throughout the weekend, the museum will host special programming in honor of the dedication of the memorial, including hand-on activities, films, performances and a veterans hospitality suite.

Visitors can also explore the exhibition "Why We Serve: Native Americans in the United States Armed Forces," which tells personal stories of Native Americans, Native Hawaiians and Alaska Native veterans who have served in the U.S. armed forces for more than 250 years, and brings long overdue recognition to their contributions.

More information about the dedication of the National Native American Veterans Memorial can be found by visiting americanindian.si.edu. ✦



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Statepoint.net

An Unhappy Workforce Can Cost Money

How to Turn Things Around

(STATEPOINT) Amid the Great Resignation, the pandemic-era phenomenon of employees leaving their jobs, new research studying employees in the United States, the United Kingdom and Ireland are shedding light on how employers can retain their staff and keep them happy.

"Unleashing the Human Element at Work: Transforming Workplaces Through Recognition," a new research report by Gallup and Workhuman, reveals that currently, only about one-third of employees say their employer has a formal recognition program, and 81% of senior leaders say recognition is not a major strategic priority for their organization.

Industry experts define a culture of recognition at its most basic level as one in which gratitude, praise and appreciation are freely given and regularly received in an authentic and equitable way throughout the organization. The data suggests that not embracing this ethos is a missed opportunity. Indeed, Gallup's analysis of the study data shows that an organization of 10,000 people with an already engaged workforce can save up to $16.1 million in turnover annually when they make recognition an important part of their culture. What's more, employees who feel recognized are more likely to be engaged and feel loyal to their organization.

"The data clearly shows that when recognition is genuinely embedded in workplace culture, people feel its full impact — they feel seen, valued and motivated to put in a little extra effort," says Dr. Meisha-Ann Martin, senior director of People Analytics and Research at Workhuman.

Employee recognition doesn't just have an impact on work performance though, it also has an insulating effect that can help shield employees from burnout and support their overall well-

being. More than 70% of employees who have good recognition experiences at work rate their lives more positively overall and are more likely to be "thriving" in their everyday lives compared to those who are not being fully recognized.

But Dr. Martin advises companies to consider how they go about recognizing their employees. The study found that more than half of employees who say the recognition they receive at work is not authentic or equitable are actively looking or watching for new employment opportunities. Further, two in five employees say they are not receiving enough recognition from leaders at their organization — only a few times a year at most — when the bare minimum for positive impact is at least a few times a month.

Recognition of employees is not only useful for retention, it can assist with recruitment too, say analysts.

"In today's competitive talent marketplace, the power of employee referrals cannot be understated. Yet, only 28 percent of employees in this study strongly agree they would recommend their organization as a great place to work. Organizations that acknowledge employees through strong cultures of recognition can boost this figure to 68 percent," says Ed O`Boyle, Gallup's global practice leader. "When organizations celebrate employees' successes and contributions, those employees pay it forward and become brand ambassadors."

To read the full report and learn more about Workhuman, a leading global provider of technology solutions, analytics, expertise and services to build human-centered workplaces, visit workhuman.com.

"Recognizing employees is a simple way organizations can demonstrate their commitment to their employees and inspire them to feel connected, confident and cared about, and in today's climate, it's no longer a nice-to-have program but rather a business imperative," says Dr. Martin. ✦

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Please go to **www.changingtidesfs.org** for complete job descriptions and application requirements. Positions open until filled. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to **nprato@changingtidesfs.org**.

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Applications will be accepted until 5:00 p.m. on Wednesday, August 3rd, 2022. EOE

Northcoast Children's Services

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**New Hire Incentives are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of $750. Part time employees, who work less than 30 hours will receive a $500 incentive. Incentives are paid after 90 days of employment.

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Please visit our website or Facebook page for more information on how to join our growing team! **https://ncsheadstart.org/employment-opportunities/**

Statepoint.net

How to Work Out Without Excuses

(STATEPOINT) It's all-too-common for those embarking on a regular exercise routine to skip a planned workout for one reason or another. Here are some of the most common excuses that people make not to exercise, along with some solutions to overcome these challenges:

"I need low-impact exercises." Many traditional workouts are tough on joints, which over time, can cause overuse injuries or exacerbate existing conditions. To achieve your fitness goals pain-free, consider low-impact exercises such as yoga, swimming and elliptical machines.

"I don't have the space to work out at home." Whether you live in a small apartment or just can't dedicate too much space to a home gym, there's good news. Certain manufacturers of exercise equipment have your back and are developing versatile, sleek fitness equipment to address your needs. At less than 23 pounds, the Cubii Total Body+ (available now for pre-order) is a good example of a compact machine offering a low-impact, approachable and achievable workout that targets everything from abs and arms to quads and calves. With a low-impact motion, you can hit eight key muscle groups using one machine. Its elliptical component features 12 resistance levels that can be adjusted from your phone, and its resistance bands range from 2 to 7 pounds, allowing you to tone, sculpt and strengthen your upper body, no matter what your fitness level is.

"I'm not seeing results." If you've been working out for a little while and haven't seen immediate results, don't get discouraged. Whether your fitness goal centers around weight loss or getting toned, it's important to remember that little changes add up over time.

"I'm just not motivated." If keeping the exercise spark alive is difficult, consider turning to tech. New apps that connect to your equipment via Bluetooth, like the Cubii App, can send you reminders to get moving, as well as help you track your goals. They can also help you stay accountable by allowing you to connect with a fitness community and compete with friends, or join live and on-demand classes.

"I don't have any time." Between work, family and other commitments, finding the time to hit the gym for an hour or more isn't always possible. But practicing self-care and prioritizing your own health and wellness is essential. What you may not realize is that a high-quality workout doesn't need to happen in a specific place or require a lot of time. In fact, some forms of exercise can occur while you're working or watching TV. What's more, even a short burst of activity is very beneficial to getting you strong, boosting your metabolism and energy, and improving your mood. That's where a great versatile piece of equipment for the home or office can come into play.

For example, unlike a traditional standalone piece of fitness equipment, the Cubii Total Body+ is a 2-in-1 system that combines cardio with upper body strength training for a full-body workout you can do anytime, anywhere. To learn more about how to get active today, visit cubii.com.

Creating a new exercise habit can be an uphill struggle, especially if you are short on time, space or motivation. Luckily, new tools are emerging that can help you work out without excuses.

✦

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CENTER DIRECTOR, Eureka
Responsibilities include overall management of a Head Start program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hr./wk. $20.00-$22.05/hr. **Open Until Filled.**

TEACHERS, Eureka
Responsible for development & implementation of classroom activities—providing support and supervision for a toddler program. Must meet Associate Teacher Level on Child Development Permit Matrix & have 1 yr. experience teaching in a toddler setting. F/T position: 40 hrs./wk. & P/T position: 25 hrs./wk. $17.50-$19.30/hr. **Open Until Filled.**

TEAM TEACHERS, Fortuna/Arcata/ Crescent City
Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/ Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have one-yr. experience teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. $17.75-$18.64/hr. **Open Until Filled.**

ASSOCIATE TEACHER, Orleans
Assists teacher in the implementation and supervision of activities for preschool children. Requires a minimum of 12 ECE units—including core classes—and at least one-year experience working with young children. F/T 32 hr./wk. $17.00-$17.85/hr. **Open Until Filled.**

ASSISTANT TEACHERS, Eureka
Assist center staff in the day-to-day operation of the classroom for a preschool program. 6-12 ECE units preferred or enrolled in ECE classes and have 6 months' experience working with children. P/T 17-25 hrs./wk. $15.00-$16.54/hr. **Open until Filled.**

HOUSEKEEPER, Eureka
Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements. P/T 16 hrs./wk. $15.00/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521
For addtl info & application please call 707- 822-7206
or visit our website at
www.ncsheadstart.org

Tips to Sleep Train Your Child

Statepoint.net

(STATEPOINT) As many parents know, getting a little one to sleep through the night can be challenging and frustrating. The good news is there are steps you can take to help your child – and the rest of the family for that matter — get much needed sleep. Here's what to know:

• **When to start:** There is no one-size-fits-all approach to sleep training and no wrong time to start. However, it's easier to break habits that haven't become ingrained, so starting around the 5-month mark is a good idea. By this age, you've likely identified your child's patterns. This knowledge can help you create a routine that works.

• **Sleep environment:** Just like how most adults sleep best in a dark, quiet and cool room, so do babies and toddlers. Whether it's nap time or nighttime, foster better shuteye by setting up the right sleep environment. Use blinds or curtains to keep out sunlight and avoid making excessive noise. For example, right after putting your child down may not be the best time to vacuum the entire house. Instead, use this time to complete paperwork, practice self-care and do other quiet activities that won't disrupt your child's sleep.

• **Consistency:** Consistency is key. Set

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nap times and bedtimes that work for your family and then honor that schedule.

● **Turning to tech:** If you're struggling to sleep train your toddler, new technology is here to help. The new VTech Sleep Training Soother is inspired by WeeSleep experts and combines light, sounds and tips to encourage healthy sleep habits. You can craft the ideal sleep environment using its colorful nightlight, glow-on-the-ceiling projector, temperature gauge and powerful Bluetooth Speaker, from which you can play over 200 pre-programmed stories, classical music, lullabies and natural sounds, or stream your favorite smartphone music service. You can also record and upload your own voice, songs, or stories using the subscription-free app. And because it has a rechargeable battery, you can even use the device when power isn't available.

"People of all ages thrive when they have a consistent routine and healthy restful sleep," says Janey Reilly, CEO and founder of WeeSleep, a global sleep consultant service. "We are providing tools within the soother app to help parents create a sound sleep environment and to manage proper sleep schedules and habits."

The sleep trainer also includes a free 15-minute phone consultation with a WeeSleep coach, which you can use to gain insights and tips for tackling the unique challenges you're facing.

● **Expectations:** Having realistic expectations about sleep training can help you avoid letting the process itself create additional fatigue or stress. If sleep time isn't a breeze like you hoped, be compassionate with yourself and remind yourself that when it comes to dealing with sleep issues, you are not alone.

Sufficient sleep can help families stay happy and healthy. Using new tech, along with tried-and-true methods and strategies that work for children, you can sleep train your child effectively and positively so that everyone in your household gets the rest they deserve. ✦

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4 Tips to Master the Grill

FamilyFeatures.com

(FAMILY FEATURES) The end result of perfectly cooked chicken is a mouthwatering meal that smells just as good as it tastes and beckons loved ones to the patio. To achieve that juicy, tender flavor that brings family and friends together, it's important to keep a few safety and grilling tips in mind.

Fire up your grill, season poultry to perfection and serve a safely cooked meal at your next backyard barbecue with this advice from the experts at Perdue Farms.

Maximize Your Budget

For a flavorful meal without breaking the bank, consider less-expensive cuts of meat like bone-in thighs or drumsticks, or cook a whole chicken that can last for several meals. In addition to the savings at the grocery store, these cuts can also withstand hotter temperatures on the grill for juicy and tender results.

Save a Little Time

One easy way to maximize your time around the grill while cutting down on prep and mess is using a pre-cut option like Perdue Fresh Cuts Diced Chicken Breast, a perfect solution for kebabs. Recipe ready in an easy-peel package, the chickens are hatched and harvested in the United States with an all-vegetarian diet and no antibiotics, hormones or steroids.

Add Favorite Seasonings

Because seasonings can sometimes come off on the grill, try seasoning both before and after grilling for a better-tasting final result. If you're planning to marinate, be careful to avoid over-marinating as acid-based marinades can start breaking down meat fibers. Remember before and while seasoning raw meat to keep proper safety practices in mind. Wash your hands, cutting boards, knives, scissors, the sink and all work surfaces for 20 seconds with hot, soapy water, and don't allow raw meat or its juices to touch other foods.

Trust the Thermometer

Once your grill reaches the desired heat, put chicken on the grates with confidence by trusting a meat thermometer to measure doneness. This Easy Kona Pineapple Chicken Kebabs recipe, for example, calls for 10-12 minutes on the grill, but it's important to check for an internal temperature of 165 F rather than simply relying on recommended cook times. Be sure to serve using a clean platter and utensils, never ones touched by raw meat. Refrigerate any leftover chicken immediately and use within 3-5 days.

For more grilling tips, visit perdue.com/how-to/grilling.

Easy Kona Pineapple Chicken Kebabs

Prep time: 45 minutes
Cook time: 15 minutes
Servings: 4

1 can (6 ounces) pineapple juice
2 tablespoons vegetable oil
1 lime, zest and juice only
1 tablespoon sugar
1 piece (1 inch) fresh ginger, grated
½ teaspoon red pepper flakes
1 package Perdue Fresh Cuts Diced Chicken Breast
½ fresh pineapple, cut into 16 chunks
1 large red bell pepper, seeded and cut into 16 (1-inch) chunks
4 metal skewers or 8 wooden skewers (12 inches) soaked in water 30 minutes

In bowl, whisk pineapple juice, vegetable oil, lime juice and zest, sugar, ginger and red pepper flakes until sugar dissolves. Add diced chicken breast, cover and marinate in refrigerator 30 minutes.

Thread alternating pieces of chicken, pineapple and red bell pepper onto skewers. Discard remaining marinade.

Heat lightly greased grill or grill pan to medium-high heat. Grill kebabs 10-12 minutes, turning every 3-4 minutes until chicken feels firm to touch and a meat thermometer inserted in the center reaches 165 F.

Remove kebabs from grill, rest 2-3 minutes and serve.

Tip: If using wooden skewers, soak in water 30 minutes to keep skewers from burning on grill. If using metal skewers, remember chicken will cook faster because metal will conduct heat and cook chicken cubes from inside along with grill heat cooking chicken from outside.

✦

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MY NAME IS PUSS
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Mendocino Animal Shelter
www.mendoanimalshelter.com
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Removing the individual blooms of balloon flower as they fade will keep this plant looking its best. *Photo courtesy of MelindaMyers.com*

Increase Flowers with a Bit of Deadheading

By Melinda Myers

KEEP YOUR GARDEN looking its best with a bit of deadheading. Removing faded flowers can promote repeat bloom on some plants, encourage fuller, more compact growth and tidy up the garden.

Use a bypass pruner or deadheading snips to remove faded flowers. These tools have two sharp blades like scissors. This results in a clean cut that closes quickly, leaving your plant looking its best.

The type of flower will influence how and where to make the cut. In general, remove the stem of faded blooms back to the first set of healthy leaves or nearby flower buds.

Deadhead flowers like salvia, veronica and snapdragons by removing faded flowers to encourage more blooms. Make cuts below the faded flower and above a set of healthy leaves or new flower stems.

Encourage additional blossoms and improve Shasta daisy's appearance by removing faded flowers. Prune back just above a set of healthy leaves.

Cut the flowers of Armeria, coral bells and other flowers back to the base of the flower stems that arise from the foliage. This improves the appearance and encourages more blooms on some of this type of flowering perennial.

Plants like daylilies and balloon flowers require a bit different care for a tidier look. Remove the individual blooms as they fade. Once bloomed out, you can cut the flower stem back at the base. Allowing the faded flowers to hang on the stem until it is all bloomed out won't hurt the plant, it just detracts from the plant's overall beauty.

Removing fading flowers of fuch-

sia and lantana will prevent the plants from going to seed and encourage more blooms. Remove any berries that do form to keep these plants flowering.

Some plants like impatiens, cuphea and calibrachoas are self-cleaning. Old blossoms fall off the plants as new flowers form, eliminating the need for deadheading.

Deadhead heavy seeders like columbine to reduce the number of seedlings and contain the spread. Or allow some seeds to develop if you have space to fill or want lots of seedlings to transplant to new garden beds.

Allow seedheads to develop on coneflowers, rudbeckias and other plants that provide winter interest and food for the birds.

Remove flowers as they appear on coleus to promote more compact growth. Late blooming, flowerless varieties and self-branching coleus hybrids reduce or eliminate time spent on this task.

Consider skipping the deadheading of late blooming perennials. This allows them to prepare for winter and form seedpods for a bit of winter interest.

Improve the appearance of leggy plants with long stems and few leaves with a bit of pruning. Cut back further into the leafy stem when deadheading to encourage fuller growth as well as more flowers.

Make deadheading part of your regular garden maintenance. Investing time throughout the season will help keep your garden looking its best.

✦

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition *and* Small Space Gardening. *She hosts The Great Courses "How to Grow Anything" DVD instant video series and the nationally syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for* Birds & Blooms *magazine and her website is www.MelindaMyers.com.*

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5 Tips for Creating an Ethical Will

(FAMILY FEATURES) When you're organizing your end-of-life affairs, preparing a will is likely high on your list of priorities. What you may not realize is that there are different kinds of wills.

A last will and testament is probably what you think of first; it's a legal directive about how your assets should be handled upon your death. An ethical will, on the other hand, isn't a legal document at all. It's a way for you to convey thoughts, life lessons learned, the intentions behind your will and wishes for your loved ones.

If you think you'd like to prepare an ethical will, here are some tips from RememberingALife.com, an online resource from the experts at the National Funeral Directors Association, to guide you in the process:

Decide on your format. An ethical will can be written, but it can also be delivered via audio or video. There's not a right or wrong approach; it depends on how you're most comfortable communicating. One consideration is your comfort level with audio or video editing. Unless you're confident you can say what you want, the way you want in one pass, you'll need some basic editing skills to ensure your message is conveyed exactly as you wish.

Determine your purpose. Ethical wills can serve many different purposes. You may use it to convey your love and appreciation to your loved ones or to mend fences you weren't able to while alive. Your ethical will can also be a way to share your values, what you've learned in life and your dreams for those you hold dear. It may even be your chance to share the secret ingredient in a beloved family recipe.

Gather your thoughts. Drafting an ethical will can be an emotional process, so organizing what you'd like to say ahead of time can help keep you focused. Make notes about the points you'd like to share, adding details or embellishments as you wish. However, take care to avoid saying anything in your ethical will that contradicts your legal will.

Start writing. Even if you ultimately plan to record your ethical will, writing out what you plan to say can be a good idea. Remember this isn't a formal dissertation or award-winning novel, so convey your thoughts freely. Clarity is important, but don't be afraid to let your personality, humor and other characteristics shine through.

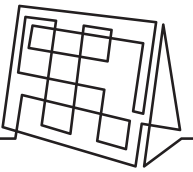
Edit yourself. Preparing an ethical will is no small undertaking, and chances are, over time, you'll want to change or add to your original draft. Take your time and revisit your draft as often as you need to capture everything you want to say.

Find more resources to support you and your family in your end-of-life planning at RememberingALife.com.

✦

Calendar

July 26 - Aug. 9, 2022



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. First Monday of every month, 4-6 p.m. Virtual World, Internet, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Internet, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: carrm@mendocinocounty.org. Free.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Internet, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

LIFESTYLE & COMMUNITY

English Express: **An English Language Class for Adults**. Tuesdays. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. englishexpressempowered.com. (707) 443- 5021.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Internet, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Internet, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hcblackmusicnarts@gmail.com.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

LIFESTYLE & COMMUNITY

Curry County Fair. July 27-30. Curry County Fairgrounds, 29392 Ellensburg Ave, Gold Beach. Carnival, bull riding, live music, magician shows, livestock shows and auction, exotic animals, great food and more. eventcenteronthebeach.com/fair-1.

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

ARTS & CULTURE

Art at the Port, **Summer Boardwalk Exhibition**. Port of Brookings Harbor Boardwalk, 16330 Lower Harbor Road. Showcasing coast artists of all ages. More infor at artattheport.com.

Brookings Summer Concerts. Sun., Aug. 7, 1 p.m. Azalea State Park, Brookings, Brookings. Pop, country, rock, big band, bluegrass, folk, Celtic, swing, jazz or zydeco. Bring your lawn chairs and blankets, spread out on the lawn with a picnic lunch or grab a meal at the snack shack. Free.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Del Norte County

ARTS & CULTURE

Art From the Inside. Thursdays. Del Norte Superior Court, 450 H St. #209, Crescent City. Seventh annual exhibition of work by artists inside Pelican Bay State Prison, as part of the Arts in Corrections Program. Free.

LIFESTYLE & COMMUNITY

Del Norte County Fair. Aug. 4-7. Del Norte County Fairgrounds, 421 US-101, Crescent City. Carnival, magic shows, live music, farm animals and more.

Downtown Crescent City Farmers and Artisans Market. Wednesdays, 9 a.m.-2 p.m. Downtown Crescent City, 890 Third St. Shop for farm fresh food and meat along with unique handmade art, crafts, jewelry and other items. Enjoy lunch with food and food truck vendors and support the local community of makers and farmers.

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering homegrown organic veggies and produce.

Humboldt County

ARTS & CULTURE

Art Night at the Sanctuary. First Thursday of every month, 4-7 p.m. The Sanctuary, 1301 J St., Arcata. Create with others freely or work on a guided project. Bring your own supplies or use what's around to collage, paint, draw, make an art book, etc. $5-$20 suggested, no one turned away for lack of funds. www.sanctuaryarcata.org.

Arts Alive. First Saturday of every month, 6-9 p.m. Historic Old Town Eureka, Second Street. Art, and a heap of it, plus live music. All around Old Town and Downtown, Eureka. Free. www.eurekamainstreet.org. (707) 442-9054.

Bayside Ballads and Blues. Wednesdays, 6-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Wednesday.

Comedy Humboldt Open Mic. First Thursday of every month, 8-10 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Every Thursday night. Contact venue for current COVID protocols.

Dancehall Choreo w/Mo Harper-Desir. Sat., July 30, 1-2:30 p.m. Redwood Park, top of 14th Street, Arcata. Learn traditional dancehall styles with hip hop and R&B adaptions led by West Indi queen Mo Harper-Desir. For all levels and ages. $5 suggested donation. Admin@Mohdcreates.com. www.mohdcreates.com/dance-fitness.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances

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Calendar

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with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. $15. talavera.rocio@gmail.com.

Disturbing the Peace. Sat., Aug. 6, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Classic rock. Free. www.bearrivercasino.com/.

DJ Pachanguero. Fri., Aug. 5, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Latin music. Free. www.bearrivercasino.com/.

Dr. Squid. Sat., July 30, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Favorite hits. Free. www.bearrivercasino.com/.

Escape From Eureka. Tuesdays, 8 p.m.-midnight . Redwood Empire VFW Post 1872, 1018 H St., Eureka. Open mic comedy. Signups at 7:30 p.m., show at 8 p.m. Free. PearceHansen999@outlook.com. 206-348-9335.

Eureka Summer Concert Series. Thursdays, 6-8 p.m. Madaket Plaza, Foot of C Street, Eureka. Open-air music each week on Eureka's waterfront. Bring your chairs and please leave pets at home. No smoking or alcohol. Presented by Eureka Main Street. July 28: Los Cautivos (Latin), August 4: Blonde Ambition (Madonna tribute) Free. www.eurekamainstreet.org/summer-concert-series-4. (707) 441-4187.

Happy Hour w/Anna "Banana" Hamilton. Saturdays, 5-8 p.m. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Blues, humor.

Honeysuckle, Sequoia Rose. Sat., July 30, 8 p.m. Humboldt Brews HumBrews, 856 10th St, Arcata. Progressive folk. $12/$15. humbrews@gmail.com. holdmyticket.com/event/395027. 707-826-2739.

Jemere Morgan. Sun., July 31, 9 p.m. Humboldt Brews HumBrews, 856 10th St, Arcata. Reggae/rap. $15/$18. humbrews@gmail.com. holdmyticket.com/event/395333. 707-826-2739.

Karaoke (Thirsty Bear Lounge). Thursdays, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Come get your sing on! Free. www.bearrivercasino.com/.

Kenny Bowling. Fridays, 9-midnight. Clam Beach Tavern, 4611 Central Ave., McKinleyville. Country music. Every Friday. Contact venue for current COVID protocols.

Mask Masters. Aug. 8-12, 10 a.m.-3 p.m. Arcata Playhouse, 1251 Ninth St. Explore the world of mask performance with lessons in Commedia Dell'Arte and Larval masks. This is a workshop for for teenagers who are looking to deepen their theatrical and arts experience. $125. haley@arcataplayhouse.org. www.arcataplayhouse.org/2019/09/09/youth-workshops/. 707-822-1575.

***Midsommar* (2019)**. Sun., July 31, 5-8:30 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show at 5 p.m. Movie starts at 6 p.m. Rated R. All ages. Parental guidance strongly suggested. Retro-gaming in the lobby. $8, $12 admission and poster. info@arcatatheatre.com. www.facebook.com/events/1182116499246910.

Music in the Garden. First Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy live music in the garden. www.hbgf.org.

Music in the Park. Thu., Aug. 4, 6-8 p.m. Pierson Park, 1608 Pickett Road, McKinleyville. Summer concert series in the park. Live music, food trucks. Free.

Mykal Rose. Wed., Aug. 3, 9:30 p.m. Humboldt Brews HumBrews, 856 10th St, Arcata. Reggae. Mykal Rose was the original lead vocalist of Black Uhuru with the original lineup. $30/$35. humbrews@gmail.com. holdmyticket.com/event/395322. 707-826-2739.

North Coast Lens. Mondays-Fridays. Redwood Art Association Gallery, 603 F St., Eureka. A judged exhibition showcasing photography and digital art. David Arnold judges.

Opera Alley Cats. Tuesdays, Fridays, 7-10 p.m. The SpeakEasy, 411 Opera Alley, Eureka. Professional-level jazz twice a week at The SpeakEasy (Tuesdays and Fridays). Come out for some cool vibes and great people. Free. thespeakeasybar@yahoo.com. www.facebook.com/speakeasyeureka. 707-444-2244.

Outside Minds Concert Series. Thu., July 28, 7 p.m. Arcata Marsh Amphitheater, Butcher's Slough, South G Street. Site-based and feature collective breathing, poetry and music. Donations accepted.

sudoku

© Puzzles by Pappocom

Easy #12

		1	6		7	2		
	7		1		5		9	
8								3
	4			1			2	
3	5	2				7	1	8
	9			7			6	
6								2
	2		3		8		5	
		3	9		4	6		

www.sudoku.com

Paula Poundstone. Sat., July 30, 8 p.m. Van Duzer Theatre, Cal Poly Humboldt, Arcata. The veteran comedian known for her smart, observational humor and a spontaneous wit. $49.

Pretty Kitty Karaoke. Every other Friday, 8:30-11:30 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Pretty Kitty Karaoke at the Eureka Veteran's Hall. Hosted by Jamie Kohl late of Monday nights at the Little Red. Under the auspices of Redwood Empire VFW Post 1872. 21+. Veterans and guests of veterans welcome. Free. PearceHansen999@outlook.com. www.facebook.com/profile.php?id=100082987501904. 206-348-9335.

Summer Concert Series. Sundays, 2-4 p.m. Arcata Plaza, Ninth and G streets. Enjoy live local bands and more. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. (707) 822-4500.

Summer Sunday Art Market. Sundays, 11 a.m.-4 p.m. Arcata Plaza, Ninth and G streets. A weekly themed market with art and craft vendors, family fun, live music and more. Free. arcatamainstreet@gmail.com. www.facebook.com/events/296632635932557. (707) 822-4500.

The Roadsters. Fri., July 29, 9 p.m.-1 a.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Classics. Free. www.bearrivercasino.com/.

The Unstrung Harp. Fri., Aug. 5, 8 p.m., Sat., Aug. 6, 8 p.m. and Sun., Aug. 7, 2 p.m. Synapsis, 1675 Union St., Eureka. A live theatre physical comedy performance inspired by Edward Gorey's illustrated story of the same name. Created by Dell'Arte MFA alums Kathryn Cesarz and Jesse March. $20. kathryncesarz@gmail.com. theunstrungharp.com.

Trinidad Arts Night. Last Saturday of every month, 6-9 p.m. Trinidad, Downtown. A town-wide event including venues, galleries, wine tasting, outdoor music, live art, fire dancing, kids activities and various performances throughout the night. Free.

LIFESTYLE & COMMUNITY

Abbey of the Redwoods Flea Market. First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

Adult Skate Night. Last Saturday of every month, 6:30-9:30 p.m. Fortuna Skating Rink,

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Calendar

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Rohner Park. 18 and older only. IDs checked at door. Alcohol and drug-free event. $5.50, includes skate rental.

Buddy Brown Blues Festival. Sun., Aug. 7, 10:30 a.m.-6:30 p.m. Perigot Park, 312 South Railroad Ave., Blue Lake. Live music, food and drink all day. www.humboldtfolklife.com.

Come and Explore. Fridays, Saturdays, 11 a.m.-5 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. Exhibits and activities for kids of all ages including more than 500 fossils, minerals, a gray whale skull, dinosaur replicas, preserved animals and more. $15 family, $6 adults, $3 seniors/students. natmus@humboldt.edu. natmus.humboldt.edu. (707) 826-4479.

Drag Races. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Details online. $10, free for 12 and under. www.samoadragstrip.com.

Drop-In Volunteer Day. Thu., Aug. 4, 1-4 p.m. Bayside Park Farm, 930 Old Arcata Road, Arcata. Get a taste of a farmer's work growing vegetables, herbs and flowers. Come prepared for sunshine, cold, wet and working in the dirt. Bring a water bottle, snacks, closed toe shoes, long pants, sleeves and a sun hat. Free. baysideparkfarm@cityofarcata.org. www.cityofarcata.org/440/Bayside-Park-Farm. (707) 822-8184.

Eureka Friday Night Market. Fridays, 5:30-8:30 p.m. Historic Old Town Eureka, Second Street. Farmers market, arts and craft vendors, a bar featuring Humboldt-produced beverages, food vendors and live local music for dancing. www.humboldtmade.com/eureka-friday-night-market.

Eureka Street Art Festival. Aug. 1-6. City of Eureka, Humboldt County. Watch as local and international artists paint murals and create street art, and enjoy artist talks, daily tours and special events. Free. eurekastreetartfestival@gmail.com. www.eurekastreetartfestival.com/.

FOAM Marsh Tour. Sat., July 30, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Andy Feinstein at 2 p.m. in the lobby of the Interpretive Center for a 90-minute, rain-or-shine walk focusing on Marsh ecology, local history and Arcata's innovative wastewater treatment facility. Masks are recommended but not required inside the building, regardless of COVID vaccination status. Free. (707) 826-2359.

Food for People's Free Produce Market - Eureka. Thu., July 28, 11 a.m.-1 p.m. Bayshore Mall, 3300 Broadway, Eureka. Drive-thru

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event. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Fortuna. Wed., July 27, 11:30 a.m.-12:30 p.m. Fortuna Community Services, 2331 Rohnerville Road. *Drive-thru & walk-up. Walk-ups enter from David Way. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Garberville. Tue., Aug. 9, 10:30 a.m.-noon. Garberville Presbyterian Church, 437 Maple Lane. Drive-thru event. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Food for People's Free Produce Market - Redway. Tue., Aug. 9, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Drive-thru and walk-up. Cars enter from Empire Drive. For more information, go to www.foodforpeople.org or call (707) 445-3166.

Fortuna's First Fridays. Fri., Aug. 5, 6 p.m. City of Fortuna, Various city locations. A monthly event for all ages from May to September (except July). Art, music, food, friends, fun. facebook.com/FortunasFirstFridays.

Freedom Matters. Second Tuesday of every month, 7 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Meets every second Tuesday of the month.

Garberville Farmers Market. Fridays, 11 a.m.-3 p.m. Garberville Town Square, Church Street. Fresh produce, eggs, meat, baked goods, nursery plants and starts, oysters, live music on the square, crafts and more.

Get Out and Play Day. Sat., July 30, 10 a.m.-4 p.m. City of Eureka, Humboldt County. Free adult and kid friendly activities taking place all over Eureka.Check out the Facebook page for more information on the time and place for each activity.

Guided Tour of Fort Humboldt State Historic Park. Saturdays, Sundays, 1-2 p.m. Fort Humboldt State Historic Park, 3431 Fort Ave., Eureka. Join interpreter William on an hour-long ADA-accessible walking tour of the 19th century military outpost, focusing on its history, Euro-American colonists and Indigenous people. Rain cancels. Check North Coast Redwoods Facebook page for updates. Free. www.facebook.com/NorthCoastRedwoods.

Historic Old Town Eureka Tours. Saturdays, 12-1:15 p.m. Clarke Historical Museum, Third and E streets, Eureka. Learn about the notable places and events that took place over the years. jthomas@ci.eureka.ca.gov. www.clarkemuseum.org. (707) 441-4080.

Humboldt Crabs Baseball. Wed., Aug. 3, 7 p.m. Arcata Ball Park, Ninth and F streets. Humboldt Crabs vs Fresno A's, featuring the World Famous Crab Grass Band. Wine Wednesday featuring Miles Garrett. $1 off wine. Gates at 6pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Wed., July 27, 7 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs TKB Baseball. Wine Wednesday! $1 off wine! Gates at 6pm. Tickets available online at humboldt-

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SoHum Eateries

Calendar

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crabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Sat., Aug. 6, 6:30 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Sacramento Yankees, featuring the World Famous Crab Grass Band. Mustache Night! Mustache Competition! Gates at 5:30pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Fri., July 29, 7 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Seals Baseball, featuring the World Famous Crab Grass Band. Gates at 6pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Sun., Aug. 7, 12:30 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Sacramento Yankees, featuring the World Famous Crab Grass Band. Fan Appreciation Day! Season Close. Gates at 11:30am. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Tue., Aug. 2, 7 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Fresno A's. Gates at 6pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Sat., July 30, 6:30 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Seals Baseball. Harry Potter Night! Gates at 5:30pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Tue., July 26, 7 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs TKB Baseball, featuring the World Famous Crab Grass Band. Gates at 6 p.m. Tickets online or at Wildberries Marketplace. $10, $4 child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. (707) 840-5665. Fri., Aug. 5, 7 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Sacramento Yankees, featuring the World Famous Crab Grass Band. Gates at 6pm. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665. Sun., July 31, 12:30 p.m. Arcata Ball Park, Ninth and F streets.

Humboldt Crabs vs Seals Baseball. featuring the World Famous Crab Grass Band. Aloha Day! Kids run the bases! Gates at 11:30am. Tickets available online at humboldtcrabs.com or in person at Wildberries Marketplace. $10 Adult/$4 Child (3-12). humboldtcrabs@gmail.com. humboldtcrabs.com/. 707-840-5665.

Humboldt Flea Market. First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Masks and safe social distancing required. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. $2, free for anyone under the age of 13.

Humbugs VW Club Car Show. Sat., Aug. 6, 10 a.m.-4 p.m. Pierson Park, 1608 Pickett Road, McKinleyville. "Cooling it in the Redwoods" - the Humbugs VW Car Club 16th car show featuring VWs from several western states. Free for spectators. humbugsvwclub@gmail.com. (707) 845-0371.

Kid's Night at the Museum. Fridays, 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. $17-$20. info@discovery-museum.org. www.discovery-museum.org/classesprograms.html. (707) 443-9694.

Mini Children's Festival with Laura Doherty of Chicago. Sat., Aug. 6, 10 a.m.-2 p.m. Creamery Field, 1275 8th Street, Arcata. Humboldt County Library and Arcata Playhouse invite families and children to a mini festival featuring award-winning singer/songwriter Laura Doherty of Chicago along with fun activities, crafts, giant bubbles, creative dance with Shoshanna, stories with Ms. Sue, Redwood Discovery Museum, The Wonder Wagon and more. Free. manthony@co.humboldt.ca.us. www.facebook.com/events/5249034395139709. 707-269-1910.

Monthly Meeting VFW Post 1872. First Tuesday of every month, 6-7 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Calling all combat veterans and all veterans eligible for membership in Veterans of Foreign Wars to meet comrades and learn about events in the renovated Memorial Building. Free. PearceHansen999@outlook.com. (707) 443-5331.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. Fresh local produce, eggs, bread, specialty sourdough donuts and more. Plus music and hot food vendors. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org/oldtown.html. (707) 441-9999.

Roll on the Mattole. Sat., July 30, noon-midnight. Mattole Grange, 36512 Mattole Road, Petrolia. Annual benefit for the Honeydew Volunteer Fire Department. Food and craft vendors, fireman's muster and a full day of music featuring Delta, Asleep N Acreek, Mattole Mud Stompers, Black Sage Runners, Hill Honey & the Wildcats, Wild Otis, Steelhead and Barnfire. $30, $25 seniors/students, Free for kids 12 and under w/adult.

Stock Car Racing. Sat., July 30. Redwood Acres Raceway, 3750 Harris St., Eureka. Details and ticket prices online. www.racintheacres.com/.

Storytime with Sunshine the Chicken and Ms. Sue. Wednesdays, 11-11:30 a.m. Arcata Library, 500 Seventh St. In-person stories and songs for preschool children and their caregivers. Masks are optional. Ms. Sue will be wearing one. Free. humboldtgov.org/calendar.aspx?EID=7463. (707) 822-5954.

Street Legal Style Drags. Sat., Aug. 6, 6 p.m. Samoa Drag Strip, Lincoln Avenue and New Navy Base Road. Details online. www.samoadragstrip.com.

Summer Nights - Dune Restoration. First Friday of every month, 5-7 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Unwind from your busy work week with a few hours of pulling invasive plants while chatting with like-minded nature lovers. Free. info@friendsofthedunes.org. friendsofthedunes.org. (707) 444-1397.

Summer Nights Art Market. First Saturday of every month, 3-7 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Local art, music, food and fun every first Saturday from through September. Leashed dogs welcome. Free. abbeyoftheredwoods@gmail.com. (707) 839-3726.

Trinidad Artisans Market. Sundays, 11 a.m.-3 p.m. Saunder's Plaza, 353 Main St., Trinidad. Next to Murphy's Market. Featuring local art and crafts, live music and barbecue. Free admission.

Trinidad Bay Art & Music Festival. Aug. 5-7. Trinidad, Downtown. World-class musicians perform live concerts in the historic village for two weekends. Get schedule and ticket info online. www.TBAMFest.com.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Contact venue for current COVID protocols. Free. www.reelgeniustrivia.com.

Westhaven Wild Blackberry Festival. Sun., July 31, 10 a.m.-4 p.m. Westhaven Fire Hall, 446 Sixth Ave., Trinidad. The Westhaven Ladies Club invites you to join them for homemade pies (get there early, these will sell out), jams, barbecue, kids activities, fire trucks, Smokey the Bear, live music, arts and crafts vendors, beer, wine and mimosas. All proceeds benefit the Westhaven Volunteer Fire Department.

Wildwood Days. Aug. 4-7. Downtown Rio Dell, Rio Dell. Four days of events to raise money for the Rio Dell Fire Department typically featuring a car cruise, talent show, firefighter muster, parade, softball tournament, barbecue, vendor fair and more. Get up to date details at www.facebook.com/Wildwood-Days-154865577904540.

Willow Creek Farmers Market. Thursdays, 4-7 p.m. Veteran's Park, 100 Kimtu Road, Willow Creek. Produce, fish and more, plus music and hot food vendors weekly through August. No pets except trained, ADA-certified service animals. Market match for CalFresh EBT customers. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org/willow-creek.html. (707) 441-9999.

Trinity County

ARTS & CULTURE

Music in the Park - Benefit Concert Series. Sat., Aug. 6, 7:30-10 p.m. Lee Fong Park Amphitheater, 101 Lorenz Road, Weaverville. Live music by Tiger Knife, food vendors, refreshments, and beer on tap by the Trinity County Brewing Company. Free.

Woven Roots w/Mykal Somer. Fri., July 29, 6:30 p.m. Lee Fong Park Amphitheater, 101

CONTINUED ON NEXT PAGE →

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Lorenz Road, Weaverville. Roots reggae. Gates at 5:30 p.m. Mother's Cooking will be serving Afro-Cuban cuisine starting at 5:30 p.m. Beer served by the North Fork Grange. $15, free for kids 12 and under.

LIFESTYLE & COMMUNITY

Art Cruise. First Saturday of every month, 5-8 p.m. Historic Downtown Weaverville, Weaverville. Art galleries and businesses host an open house for their featured artist providing cruisers a chance to explore art by chatting with the artists.

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Every Wednesday at the Highland Art Center meadow. www.highlandartcenter.org.

Mendocino County

ARTS & CULTURE

Mendocino Community Jam. First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

Symphony of the Redwoods. Sun., July 31, noon. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. At noon, Roy Zajac, clarinet virtuoso, performs a Mozart and a Gershwin clarinet quintet and additional pieces with a local string quartet. Vocalist Christiana Valentin performs with her tango ensemble beginning at 3 p.m. Limited seating available on a first-come,-first-served basis. Plenty of lawn seating. Free with Gardens admission. www.gardenbythesea.org.

The Days Between Festival. Aug. 5-7. Black Oak Ranch, 50350 U.S. Highway 101, Laytonville. Celebrate the days between the birth and death of Jerry Garcia at this inspired festival at Black Oak Ranch. daysbetweenfest.com.

The Moors. Fridays, Saturdays and Sundays. Mendocino Theatre Company, 45200 Little Lake St. Two sisters and a dog live out their lives on the bleak English moors, dreaming of love and power. The arrival of a hapless governess and a moor-hen set all three on a strange and dangerous path. *The Moors* is a dark comedy about love, desperation, and visibility. www.mendocinotheatre.org.

Willits Summer Art Walk. Sat., July 30, 5-8 p.m. Willits Center For the Arts, 71 E Commercial St. Spend the evening exploring art, history, music and dance. Held on the fourth Saturday of each month from June through Oct.

LIFESTYLE & COMMUNITY

First Friday Art Walk. First Friday of every month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

Fort Bragg Farmers Market. Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. $50 for up to four people, $75 for party of six. tours@KelleyHouseMuseum.org.

Redwood Empire Fair Share:. Aug. 4-7. Redwood Empire Fair, 1055 North State St., Ukiah. Competitions and exhibitions in crafts, herbs, wines, decorating, quilts, livestock, 4H, horticulture, floriculture, arts (poetry, photography, scrapbook, flytying, etc.) There are junior and adult sections. Plus jams, cakes , foods, rides, etc. $9 adult, $7 seniors and kids ages 6-12; on Aug. 4: free for seniors and kids ages 6-12.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

ARTS & CULTURE

Clearlake Summer Concerts. Sat., July 30, 7 p.m. Austin Park, 14077 Lakeshore Drive, Clear Lake. Free, family-friendly concerts. Free.

Lake County Concerts in the park. Fri., July 29, 6:30 p.m. Library Park, 225 Park Street, Lakeport. Family-friendly entertainment with world-class concerts every Friday night from June-Aug. July 30: Los Cautivos (Latin), Aug. 6: Blonde Ambition (Madonna tribute) Free.

Shakespeare at the Lake: *Twelfth Night*. Aug. 5-7. Austin Park, 14077 Lakeshore Drive, Clear Lake. Mendocino College and the Lake County Theatre Company present the 7th annual Shakespeare at the Lake performance. William Shakespeare's *Twelfth Night, or What You Will*. Sat., July 30, 7-9 p.m. and Sun., July 31, 7-9 p.m. Library Park, 225 Park Street, Lakeport. Mendocino College and the Lake County Theatre Company present the 7th annual Shakespeare at the Lake performance. William Shakespeare's *Twelfth Night, or What You Will*.

Summer Concert Series: Tyler Rich. Sat., July 30, 6-10 p.m. Cache Creek Vineyards, 250 New Long Valley Rd., Clearlake Oaks. Live country music, food, beer/wine. With special guest Nick Tyrrel. $45, $35 advance.

LIFESTYLE & COMMUNITY

First Friday Makers Faire & Open Mic. First Friday of every month, 4:30-8:30 p.m. Middletown Art Center, 21456 Hwy 175. Featuring local artisans, makers and more in the outdoor art garden and back studio of MAC. Open Mic start at 6 p.m. Enjoy cob oven pizza, make connections, be inspired and entertained.

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

✦

NORTH COAST TRADER THETRADER707.COM NORTH COAST TRADER

HOME COUNTRY

By Slim Randles

THE BAHDZIEWICZ CLAN trooped into the Mule Barn for lunch the other day, happily and noisily as only eight Americans totally in love with summer can do. The patriarch of the clan, Abraham Lincoln Bahdziewicz, led the way to a large round table and seated his wife, Sally, before pointing to which chairs the kids should use. Some people can make a celebration out of sitting down to eat, and Abe's gang knows how to do it.

The children, clockwise, were Woodrow Wilson Bahdziewicz, Betsy Ross Bahdziewicz, Neal Armstrong Bahdziewicz, John Kennedy Bahdziewicz, and Franklin Delano Bahdziewicz. Sally got a high chair for the youngest family member, Laura Bush Bahdziewicz.

We watched them order four meals for the eight of them, along with some empty plates for divvying things up. Then we took bets on whether or not they would have to ask for a "to go" box or two to take home with them. They didn't. Laura Bush Bahdziewicz had to have chocolate cream pie wiped from her face twice during dessert, too.

Before they packed up to go, Abe came over to shake hands with the members of the World Dilemma Think Tank here at the philosophy counter. He always looks as though he's just headed home to open Christmas presents, and we envied him that wonderful zest for life.

"Abe," said Doc, when it was his turn to shake hands, "we've been wondering. You're named after a president, and all your kids are named for famous Americans."

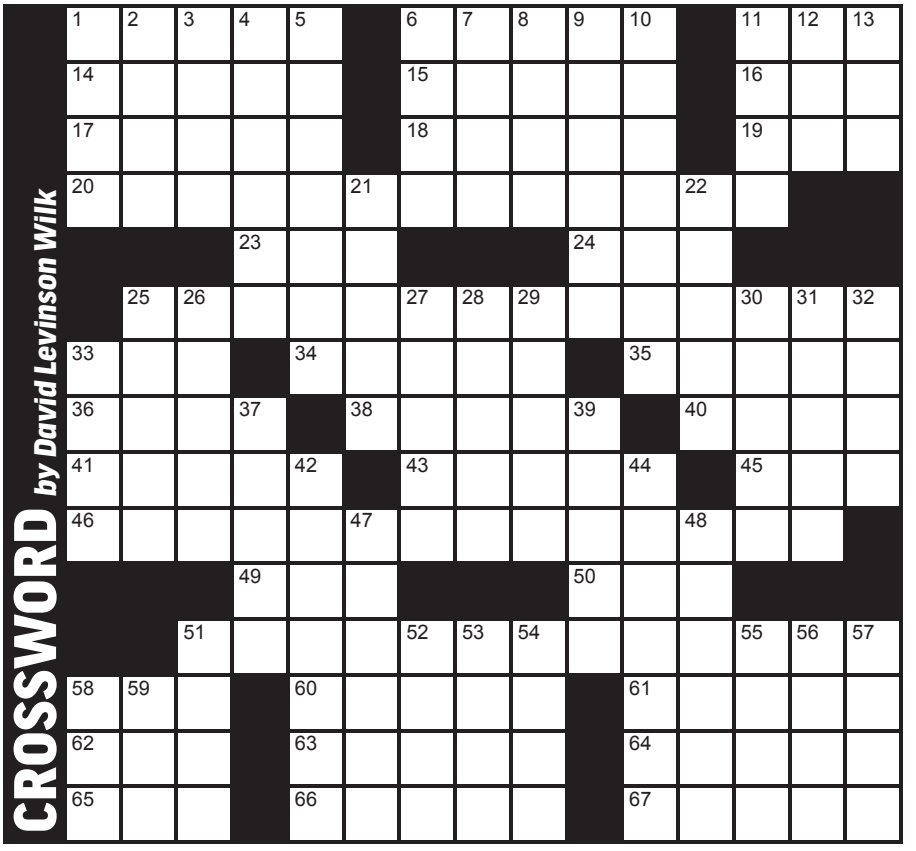
"That's right," Abe said. "My brothers and sister, too. All of us but my wife, Sally, and I call her Sally Ride Bahdziewicz sometimes, just for fun."

"How did all that naming come about?"

"Well," Abe said, "my dad came from Poland as a kid, and the other kids at school teased him about not being a real American, you know? So he decided his kids would never have that problem. They may have some trouble pronouncing the last name, but at least they know we're Americans." ✦

For that illigiti.... er, illiterate friend of yours, buy Saddle Up: A Cowboy Guide To Writing *on Amazon.*

CROSSWORD *by David Levinson Wilk*



SPOTIFY — *Answers in the next edition*

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ACROSS

1. "Anaconda" rapper Nicki
6. Verboten
11. Casino area
14. Dickens title opener
15. NCAA women's basketball powerhouse
16. "What __ the odds?"
17. "Don't mince words!"
18. Put back to zero, say
19. Ski shop supply
20. Make Bozo top secret?
23. "How I Met Your Mother" narrator
24. Org. with an Office of Water
25. Defend the presence of a male escort?
33. Yoga class rental
34. Sunny?
35. Like volcanoes
36. Iowa State city
38. Mall cop weapon
40. Approaching
41. Money in la banque or la banca
43. Toys with tails
45. Corp. leader
46. Like someone unsubscribing from a popular music streaming service?
49. Org. conducting lots of X-rays
50. 2014 Oscar winner for Best Foreign Language Film
51. Inform someone with 100% accuracy?
58. Piece in the Middle East?
60. __ the side of caution
61. City of Light, in a Cole Porter song
62. "Sheesh!"
63. Check the total
64. Boy band with the 2000 hit "Liquid Dreams"
65. Gorilla, e.g.
66. Some Spanish dates: Abbr.
67. Awaits judgment

DOWN

1. Opposite of fem.
2. Right-leaning type: Abbr.
3. Evian competitor
4. Preferred groups
5. Travels around the world in style
6. What a gang protects
7. __-deucy
8. Pear variety
9. What flamingos often stand on
10. Not digressing
11. One of 16 in a chess set
12. Lyricist Gershwin
13. __-Mex
21. Fool
22. It may be covered or circled
25. Clog
26. "In __" (1993 Nirvana album)
27. Unreliable
28. Oslo Accords partner of Yitzhak and Bill
29. Rocky ridge
30. Chilling, as Champagne
31. Hybrid big cat
32. Spanish skating figure
33. West and others
37. __ voce
39. Many a song at a dance club
42. Venus and Serena, e.g.
44. Crush, e.g.
47. More impartial
48. Get out
51. Alaska ZIP code starter
52. "Animal House" house
53. "The boy you trained, gone he is" speaker
54. Puts a stop to
55. 1982 sci-fi film with a 2010 sequel
56. NC-17, maybe
57. Cravings
58. Quentin directed her in "Pulp Fiction"
59. Give a big shock to

LAST WEEK'S ANSWERS TO SNEEZE GUARD

S	A	M		T	C	M		I	R	R		W	I	M
A	L	I		A	A	A		N	E	O		A	C	A
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